



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Knowing how to identify risk factors and warning signs for suicide can enable you reach out to a fellow Sailor who needs help. Find resources to learn more and help strengthen local Suicide Prevention efforts during Suicide Prevention Month and beyond at www.suicide.navy.mil.
2. Use the 101 Critical Days of Summer to start permanent habits that help you stay safe like drinking responsibly, avoiding alcohol while taking certain prescription medications and staying connected with friends and family to reduce stress.
3. Lethal means safety is often associated with firearms, but keeping certain prescription medications out of reach at times of heightened distress can also prevent tragedies. Know the steps to properly dispose of unused or expired medications. Place them in a bag with used coffee grounds or kitty litter and throw in the trash. Or, find a drop-box at a local pharmacy or MTF.
4. The recent ALNAV prohibiting the use of hemp products aims to clarify Navy policy on CBD and other hemp-derived products, but you may still have questions. Find fact sheets on hemp and CBD to learn more. Download them from the Navy Drug Detection and Deterrence page at www.ddd.navy.mil.

For help with a substance or alcohol use issue, contact your local DAPA , or call 1-866-U-ASK-NPC.

The Role of Substances in Suicide Risk

Each year, September is recognized as Suicide Prevention Month. Recognizing risk factors — including those related to drugs and alcohol — as well as understanding when to reach out for help and knowing resources for those dealing with substance misuse or mental health concerns can help Sailors start important conversations and save lives.

Substances and Suicide Risk

In 2017, drug use — often prescription drugs taken in potentially lethal doses — preceded over half and alcohol use preceded nearly a third of **Navy suicide** attempts. Acute alcohol intoxication increases suicide risk by intensifying psychological distress, narrowing focus towards only the most intense emotions and increasing impulsive behaviors. Long-term effects of substance misuse include decreased social, psychological and emotional well-being.

What Signs to Look For

Strong relationships with friends and family are protective factors in times of adversity, enabling early detection of **warning signs of suicide** and intervention. Signs may include talking about hurting oneself, feeling hopeless, being a burden or experiencing unbearable pain. Behaviors may include more frequent or excessive drinking, misuse of substances and sudden mood changes or rage. Social withdrawal or giving away prized possessions are other signs.

If you notice changes in a friend or shipmate, ACT (Ask Care Treat). Ask directly, “Are you thinking about killing yourself?” Show that you care by listening without judgment. Help connect them with treatment as soon as possible by taking them to the nearest chaplain, medical provider or leader. In an emergency, call 911.

Reaching Out for Help

Help is always available. **Navy chaplains** provide confidential support and can never be compelled to share information with a Sailor's command, medical provider or other party without the Sailor's expressed permission. Sailors can also seek help from the nearest medical provider or reach out to **Military OneSource** at 1-800-342-9647 for free and confidential non-medical counseling. The **Military Crisis Line** also provides free and confidential support 24/7 via live chat on their website, by phone at 1-800-273-8255 or text at 838255.

Identifying irresponsible drinking patterns or drug misuse early is crucial. Reach out to your local DAPA for help with a substance use issue. Additionally, disposing of unused or expired medications ensures they are out of reach at times of increased stress or crisis. Your local military treatment facility (MTF) may offer safe and anonymous prescription drug drop-boxes, or you can dispose at home by emptying contents into a sealable bag, filling it with an undesirable substance like kitty litter or used coffee grounds and throwing the bag in the trash.



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Fentanyl-Adulterated Cocaine

In January 2019, emergency rooms in California's Fresno, Madera and Chico counties experienced clusters of patients exhibiting opioid toxidrome and cardiac arrests after using what they thought was cocaine. Some of these cases ultimately resulted in coma and death. Similar events have emerged in Connecticut and Pennsylvania. How could a stimulant like cocaine cause opioid overdose symptoms?

The culprit is illicit fentanyl. The danger of using cocaine is heightened by recent outbreaks of overdoses involving cocaine adulterated with fentanyl and structurally-similar chemical compounds such as carfentanil. Fentanyl is a synthetic opioid approximately 100 times more potent than morphine. Just two milligrams of fentanyl can kill an adult. Fentanyl is used by the medical community for its painkilling properties. However, the Food and Drug Administration issued safety warnings in 2005 for all fentanyl products to reiterate the importance of strict adherence to prescription use guidelines due to the mounting concern for accidental overdose deaths.

Cocaine and fentanyl may be similar in appearance, so visual detection is not reliable. Unintentional cross-contamination in underground labs and intentional adulteration may introduce fentanyl to the cocaine supply chain. Centers for Disease Control and Prevention data show that during 2016 and 2017, cocaine deaths increased by one-third. Approximately three-fourths of cocaine deaths in 2017 also involved opioids. Much of this increase was attributed to synthetic opioids.

Naloxone is used to reverse the effects of an opioid overdose; however, first responders face the challenge of deciding whether to administer it when the patient claims to have only used cocaine. Harm reduction strategies must factor in the unique challenge of combatting this threat to public health and safety.



Two milligrams of fentanyl, a fatal dose in most people.
(Photo from U.S. Drug Enforcement Administration)

Current and Upcoming Events

September DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

- 11 — New Packaging and Shipping Procedures with 2D Barcode and Record Keeping
- 25 — Running Reports

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Mental Health and Suicide Prevention Month September

Find the toolbox at go.usa.gov/xV3f4.

Find resources to strengthen your local Suicide Prevention Month efforts at www.suicide.navy.mil.

MyNavy Family App Helps Spouses

Navy is constantly striving to make the Navy experience better for everyone, from the Sailor to the child to spouse. The new MyNavy Family mobile app was developed in an effort to help meet the needs of Navy spouses and families. The app combines useful information from over 22 websites into one convenient app for the Navy spouse. For easier navigation, the app is organized into 11 important milestone events such as New Spouse Orientation, Parenthood, Mentorship and Networking and Employment and Education, to name a few!

To ensure that the app is truly meeting the needs of the Navy families, MyNavy Family also includes a feedback section where users can provide suggestions to be incorporated into future app updates.

More than 1,100 spouses participated in developing the app through online surveys and focus groups. Check out [NAVADMIN 103/19](#) for more information. The MyNavy Family App available now in the Navy App Locker at www.applocker.navy.mil.